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SHARING.

Nothin' Petty about Sam's breakthrough

Check out the other big winners from Sunday night's Grammy Awards. **PAGE 11**

A storm of complaints

Roads. Councillors getting earful over snow-clearing efforts



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A Halifax regional councillor says she's getting more calls about snow-clearing in the past week than when White Juan hit in 2004.

Coun. Linda Mosher, who represents Halifax West Arm-dale, says the influx of calls came after several streets in her district hadn't been cleared until late Thursday following last Monday's storm.

"Some residents had to call into work and cancel, and there were some issues with elderly people," Mosher said Sunday, adding one person with disabilities couldn't leave her home because the YMCA snow-clearing group that looks after steps wasn't able to access her street.

Mosher said a main issue seems to be individual con-

tracts for sidewalks, roads and bus stops, creating piecemeal clearing. She said the city is now working toward one tender per area, so everything is done at once.

Mosher might also ask staff to look into how other coastal cities handle ice forming after storms, given the snow-rain mix each storm has brought, and the difficulties its led to clearing it up.

Coun. Jennifer Watts, who represents north-end Halifax, said she's heard from many residents who would like to clear their own sidewalks again, after the municipality took over last year.

Watts said one option could be to use the local tax rate funds for machines to clear curb cuts and bus stops, but have citizens clear the property in front of their homes.

"Streets would be cleared in the view of residents ... much better, more quicker, and much more down to the ground then machines grinding it down and ice packing it," she said.



RAINMEN BYPASS EXPRESS

Halifax Rainmen's Kevin Young, left, gets around the Windsor Express' Chris Commons in National Basketball League of Canada action at the Scotiabank Centre on Sunday afternoon. The Rainmen won easily, 128-99. See story, page 17. JEFF HARPER/METRO



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Winter storms putting a chill on local businesses

Economy. Bad weather hurting many companies across Halifax



STEPHANIE TAYLOR
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Many businesses across Halifax are trying to recuperate after a rash of winter storms have swept across the region of late.

Gordon Stewart, executive director of the Restaurant Association of Nova Scotia, says winter storms, like any extreme weather, throws everything off for business owners, but are an especially "double-edged sword" for restaurants.

On top of losing business, he said, restaurant owners are also stuck paying the full cost of opening — staff wages, heating costs, food waste — "whether you have one person in the place or 50 people."

He said restaurants that are fully licensed and serve more than two meals per day will often open after a storm just to try and make up for the lost money.

"A bad-weather day is a big loss day, without question," he explained on Friday.

However, for Juanita Spencer, who is the executive director of the Spring Garden Business Association, the main problem for businesses in the downtown core boils down to inaccessibility of sidewalks and roadways, not to mention the unreliability of transit after



Pedestrians make their way up snow-covered Blowers Street in the city's downtown on Sunday. Many businesses across Halifax are trying to recuperate after a rash of winter storms have recently swept across the region. JEFF HARPER/METRO

In numbers

48 cm

The amount of snow in centimetres that has fallen in Halifax since Feb. 1

a big storm.

Since most of the area's retailers and restaurants depend on foot traffic, she said, unplowed roads or flooded, slushy sidewalks deters people from travelling downtown.

Other types of busi-

ness also felt the economic squeeze from the recent storms.

Kate MacAdam owns a chiropractic practice on Quinpool Road and said bad weather means dealing with appointment cancellations and shuffling around patients, trying to make up for lost time.

"It's always safety first," MacAdam said Friday, explaining many of the people her clinic serves can't shovel themselves out after a big storm due to previous injuries and can't risk the

icy trek.

Those people unable to walk, drive or use transit would also find themselves struggling to get a cab, according to the Brian Herman, who is the manager of Casino Taxi.

Since all of the company's nearly 375 fleet are independently owned and insured by the drivers, a substantial number will say it's simply not worth the risk of driving when it's slippery, and will pull their cars from the roads.

"If you're a cab driver

and you get in an accident and you're off the road for a couple weeks, you've lost your source of income," he explained on Friday.

With anywhere between 75 to 100 fewer cabs in service, wait times skyrocket and getting a hold of a taxi dispatch operator feels nearly impossible, added Herman.

For example, he said on Friday around 9 a.m., "there were rides that were taking up 50 minutes in an area that on a normal day would take five."

1 NEWS



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Boost advertising startups with film tax credit: PC Leader Baillie

Economy. Entrepreneur makes pledge on final day of Tories AGM

Nova Scotia could boost its number of startups if advertising agencies were eligible for the film tax credit, says the leader of the provincial Progressive Conservatives.

Speaking at the party's annual general meeting in Halifax on Sunday, Jamie Baillie said expanding the tax credit would be a step toward the goal of generating more new businesses per year outlined in a report on the future of the provincial economy by Ray Ivany, the president of Acadia University in Wolfville.

"Next week will be the one-year anniversary of the publishing of the Ivany report," said Baillie.

"I am disappointed that here we are a year later at this event with so little accom-

Quoted

"We arguably put more into the local economy than any other production company in Atlantic Canada."

Mike Hachey of Halifax-based Egg Studios

plished."

Baillie said the province needs to help entrepreneurs by eliminating red tape in areas such as the Film Industry Tax Credit.

Currently, the credit covers 50 per cent or more of a production company's labour costs on eligible films.

However, films are excluded from eligibility if they are produced for primarily corporate purposes or to solicit funds.

Mike Hachey of Halifax-based Egg Studios said his company cannot receive the credit because it works primarily in advertising.

Speaking at the Tory event, Hachey fought back tears as

he expressed frustration that companies like his are not rewarded for their work.

"Why is it that we can't take advantage of this tax credit? We use the exact same crews, we use the same actors, we support all of the same service providers," Hachey said.

Hachey said he has seen both advertising agencies and clients leave Nova Scotia for markets elsewhere in the country.

"How long do you think people like us will stay in such a volatile economy where all your peers are given incentives to work here, and we're not?" said Hachey.

The Ivany report lays out goals for Nova Scotia's econ-



Progressive Conservative leader Jamie Baillie is shown in this file photo from 2013. ANDREW VAUGHAN/THE CANADIAN PRESS

omy including generating 4,200 new business startups

annually, which it says would be a 50 per cent increase over

the current 10-year average. THE CANADIAN PRESS

Fuel economy through fracking: Jason Kenney



Jason Kenney THE CANADIAN PRESS

Young Nova Scotians are contributing to Alberta's prosperity when there are energy resources that could be tapped into at home that would lead to jobs, the federal minister of employment and social development said Saturday.

"I'm from Alberta," Jason Kenney told a meeting of the provincial Progressive Conservative party.

"I see all of these wonderful young Nova Scotians

who've come down (to Alberta) to work hard and make good money and, heaven forbid, you know what they're doing? They're drilling for oil and gas. They're actually drilling fracking wells."

Nova Scotia introduced legislation last fall banning high-volume hydraulic fracturing for onshore oil and gas. The province already had a moratorium on the practice, also known as fracking,

for two years before putting the ban into legislation.

Provincial Progressive Conservative Leader Jamie Baillie has said he does not support the ban, adding that it prevents the creation of new jobs in the province.

When the legislation was introduced, Energy Minister Andrew Younger said the province would not look at lifting the ban without evidence that fracking can be

done safely under new rules and regulations.

Nova Scotia is not alone in Atlantic Canada in its stance on fracking.

New Brunswick introduced its own moratorium in December that Premier Brian Gallant said will not be lifted until concerns the province has on health, water and the environment are dealt with. The province is also promising to get input from First Na-

tions on fracking.

Kenney said fracking in the western provinces is done safely.

"It makes no sense to me as an Albertan that we should take many of your best and brightest to fuel Alberta's prosperity," said Kenney, who wasn't available for comment after his speech. "They should be here in Nova Scotia fuelling your prosperity."

THE CANADIAN PRESS

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TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 Marianas Trench Here's to the Zeroes

5 Nick Jonas Jealous

4 Taylor Swift Style

3 Ed Sheeran Thinking Out Loud

2 Pitbull ft Ne-Yo Time of Our Lives

1 Mark Ronson ft Bruno Mars Uptown Funk

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Neighbours shocked by death of couple in murder-suicide

Dartmouth. Sejad and Bahrija Hadzic, who had been living in the area for 10 years, were described as quiet, kind



STEPHANIE TAYLOR
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Lee Burns said nothing seemed out of the ordinary in the house next door at 216 Caledonia Rd. in Dartmouth, where a husband and wife, who had been living there for approximately 10 years, were found dead.

He said the quiet eastern European couple, who were in their 50s, mostly kept to themselves, but were kind enough to let Burns store some property in their garage and would always give a neighbourly greeting.



The Halifax Regional Police homicide unit was on-scene all day Friday at a home in Dartmouth, where two people were found dead. **STEPHANIE TAYLOR/METRO**

"Couldn't ask for better neighbours," he said while leaning against a shovel in his front yard on Friday.

Two days ago, Burns noticed their friends' cars were

More details

Lee Burns, along with other neighbours on the street, said the couple had two adult children.

parked outside and they were over for a visit.

He last talked to the wife over the weekend who told him, "I hope we don't get much more winter," because she didn't like the cold.

But on Friday at around 12:30 a.m., Burns was woken up by loud voices outside. He said he opened his window, expecting to find children, but instead saw police officers, who later came to his door telling him to stay inside.

Halifax Regional Police later confirmed that officers found the bodies of a man and woman, both in their

50s, in the home after a call was placed to police shortly after midnight.

On Friday night, police ruled the deaths as a murder-suicide, based on autopsy results from the province's medical examiner and the investigation done by officers throughout the day.

Police say 54-year-old Sejad Hadzic took the life of his wife, 53-year-old Bahrija Hadzic, before taking his own.

On Friday afternoon, before knowing it was a murder-suicide, Burns said hearing the news of his neighbours' deaths was "very surreal."

"You hear other people talk about it, but when it happens next door, that's when it really hits home," he said, explaining the neighbourhood is mostly home to families with kids.

WITH FILES FROM PHILIP CROUCHER

Twitter bomb threat leads to road closure, evacuations

A section of Spring Garden Road was closed Saturday afternoon as Halifax Regional Police descended onto the area after a bomb threat was made on Twitter.

Police closed the block of Spring Garden Road between Carleton and Robie streets around 11:10 a.m., for what was being called "an ongoing police operation."

A police spokesman later confirmed officers and a K-9

Suspect

Police say they are trying to locate the person or persons responsible for the threatening post on Twitter.

unit were called to the area after a man on Twitter made a threat that he was going to harm himself or others and indicated he had a bomb.

Around 1 p.m., police were still trying to figure out the specific target and were doing a sweep of several buildings in the closed-down section.

A voluntary evacuation order was also issued for several businesses and homes.

Around 3 p.m., police issued an update to say the closed section of Spring Garden was reopened.

Police say their search turned up nothing. **METRO**

Cole Harbour

Man sent to hospital after violent robbery

Police in Halifax are looking for two men after someone was roughed up and robbed early Saturday morning in Cole Harbour.

According to the RCMP, two men walked past a 25-year-old man near the underpass at Forest Hills Parkway around 1 a.m. and proceeded to tackle him from behind.

They then took the man's wallet and assaulted him.

The suspects fled on foot toward Circassian Drive.

Police were called about the assault after the victim turned up at the Dartmouth General Hospital 90 minutes later, where he was treated and released. **METRO**

Bayers Road

Teens charged with gas station robbery

Two teens are due in Halifax provincial court on Monday after a gas station was robbed on Bayers Road.

According to a release,

the suspects walked into the Petro Canada at 7015 Bayers Rd. around 9 a.m. on Friday, told the employee they had weapons and demanded money. They got away with some lottery tickets and money, and left on foot.

No one saw any weapons, and no one was hurt.

On Friday evening, police said they had arrested two 17-year-old boys in relation to the robbery.

The two are facing a combined 28 charges, including robbery and weapons offences. **METRO**

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Inside Nova Scotia's newest jail

Corrections. New facility includes indoor gym, academic programs for inmates

The doors of the Northeast Nova Scotia Correctional Facility officially open Monday.

The new \$42-million provincial facility can accommodate up to 196 inmates, but will start admitting inmates slowly so staff get used to operations at the jail.

The media got a tour Friday. Some specifics:

Direct Supervision Facility

The NENSCF is the first direct supervision correctional facility in Atlantic Canada. Each inmate is accountable for his or her own behaviour, and the facility has been designed to encourage positive actions, such as an opportunity to move into the privileged area facility in return for good behaviour.

The jail also provides in-

Quoted

"What programs can we get the offenders involved in when they come through our door during admissions and discharged six, eight or 18 months later in a better position to be employable and a better position to be re-integrated into society?"

Tim Carroll, superintendent of the Northeast Nova Scotia Correctional Facility

centives through its programming.

Potential programs

A full-time teacher will offer a variety of academic programs in the classroom/library; there are plans for a working kitchen; and there are planned collaborations with Nova Scotia Community College and the Dalhousie Agricultural College and its landscape program.

General population units

Each living unit accommodates up to 40 inmates, two to a cell. Showers are located in each living area. Phones are located in each unit and calls

can be monitored by Corrections staff.

Living areas will each feature two large-screen television sets. Upon admission, inmates will be given a receiver that will allow them to listen to the sound on the two TVs.

Privileged area

This space is different than the other living areas because it also features a kitchenette, dishwasher, washer and dryer and fridge.

In order to be admitted into the privileged area, an offender has to go 30 days without incident and can't have any incompatibility issues with other offenders.



Tim Carroll, superintendent of the Northeast Nova Scotia Correctional Facility, gives a guided tour of the Priestville jail that opens Monday. NEW GLASGOW NEWS

Exercise

Living spaces have access to outside exercise areas with a stationary weight unit in place. Correction officers will control how much time inmates use the outside space. There is also an indoor gym with three treadmills and two elliptical trainers.

Multipurpose room

This is a program area for outside agencies and non-denominational spiritual services.

A manager of spiritual services will work on-site. Volunteer community programs can range from AA meetings to yoga classes.

Canteen services

Vending machines in the gym will hold snacks and also contain personal hygiene items.

Inmates will use cards that are tied to their trust accounts to in order to access money.

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Roads. Man dead in crash between truck, two cars

Police say a man died in a Halifax hospital from injuries suffered in a three-vehicle accident earlier in the day Friday on a Nova Scotia highway.

Around 11 a.m., police say there was a crash between two cars and a transport truck on Highway 104 near Exit 37 in Monastery, Antigonish Co.

A 48-year-old man from Sydney was driving one of the cars and was airlifted to the

QEII hospital in Halifax, where he died Friday evening.

Two women in the second car were taken to hospital with non-life-threatening injuries.

The driver of the transport truck wasn't seriously hurt.

According to police, the roads were snow-packed with whiteout conditions when the accident happened.

The victim's name hasn't been released. **METRO**

Police. 69 impaired driving charges laid in January

Halifax police say people with blood alcohol levels ranging from two to more than four times the legal limit were arrested and charged with impaired driving in January.

According to a release, 69 people were charged with impaired driving in the first month of the year and 21 received driving suspensions

for drinking and driving.

One was charged with driving while impaired by a drug.

Fifteen of the accused had more than twice the legal limit of alcohol per 100 millilitres of blood, one had three times the limit and one had more than four times the legal limit of 0.08. **METRO**

Jobs

Province to help pay new grads

The Nova Scotia government will help cover the salaries of recent university graduates for small and medium-sized businesses under a new program aimed at helping grads get their first full-time job.

Under the program, the government will pay 25 per cent of a graduate's salary in the first year and 12.5 per

In numbers

\$30K

An employer must pay a minimum base salary of \$30,000 to qualify.

cent in the second.

The incentive is available to businesses with fewer than 100 employees.

The province will provide a total of \$11.3 million in funding over three years.

THE CANADIAN PRESS

Exporting trash: 'You blow a tire, there go your profits'

Landfills. Council's vote in favour of bylaw change good for some Halifax businesses, trouble for others



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The owner of one small hauling company in Halifax says a decision to allow the export of solid waste may help some small-business owners, but may have put others in jeopardy.

Regional council voted 7-6 last week in favour of changing HRM bylaws to allow garbage to be sent to landfills around the province, saying it would introduce competition to the market, which may help reduce costs for commercial customers.

The tipping fees at the three landfills closest to Halifax range from \$75 to \$80 per tonne, and city staff estimated the transportation costs at \$20 to \$30 per tonne, making it less costly to dispose of garbage out of town.

But the owner of Gerald's

Quoted

"Any business, if you can make a saving, you're going to save a buck."

Gerald Whittleton, owner of Gerald's Trucking and Garbage



The Otter Lake landfill is shown in this file photo. JEFF HARPER/METRO

Trucking and Garbage said that doesn't accurately reflect the cost of fuel, maintenance and the wear and tear on the trucks, which cancels out any savings in tipping fees.

"Where they come up with \$20 to \$30 a tonne, I don't know," Gerald Whittleton said Friday. "You blow a tire, there go your profits."

Whittleton said the outlook is slightly less dire for small haulers because council voted down another proposed bylaw change that would have raised the tipping fees at Otter Lake to \$170 per tonne from \$125.

However, he said, it's just

not feasible for a small company to make the three-hour round trip to an outside landfill with the load on a one-ton or three-quarter-ton truck.

The economics may be better for larger companies operating 10- or 15-ton trucks, and Whittleton said that may put the squeeze on the smaller operations.

"If I'm charging, say, \$500 a month, the big guys can say, 'We'll take it out of town, we'll charge you \$350 or \$400,'" he said.

Whittleton was one of several company owners who raised the prospect of job losses dur-

ing a public hearing at city hall on Tuesday evening.

The concerns didn't end with the hauling industry. Two employees at the Otter Lake landfill asked council not to approve the bylaw changes, saying the projected reduction in material coming to the landfill could mean the elimination of their jobs, too.

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Fahmy faces retrial on terror charges

Cairo. Mohamed Fahmy gave up his Egyptian citizenship to secure his release, now he faces a Feb. 12 court date

Canadian journalist Mohamed Fahmy is set to face a retrial on terrorism-related charges in Cairo this Thursday, a development his family called their “worst nightmare.”

Fahmy — who has spent more than a year in an Egyptian prison — was expected to be set free after former Foreign Affairs Minister John Baird said just days ago that his release was “imminent.”

But Fahmy's family said Sunday the 40-year-old journalist and his Egyptian colleague will now be re-tried on Feb. 12.

Fahmy and two colleagues — Australian Peter Grete and Egyptian Baher Mohamed — were working for satellite news broadcaster Al Jazeera English when they were arrested on Dec. 29, 2013. They were accused of supporting the banned Islamist Muslim Brotherhood group of ousted Egyptian president Mohammed Morsi. They were also charged with

Canadian response

Lynne Yelich, minister of state for foreign affairs and consular affairs, said the Canadian government has continued to advocate for Fahmy's immediate release.

- She said Canada is concerned about the retrial announcement despite assurances of Fahmy's release.

fabricating footage to undermine Egypt's national security.

The trio denied all the allegations against them but after a trial that was internationally criticized, Fahmy and Grete were sentenced to seven years in prison, while Mohamed was sentenced to 10 years.

An appeal in January allowed their case to be re-tried, but Fahmy's family hoped diplomatic efforts would secure the journalist's release before the matter went to court again.

Grete was freed last Sunday under new legislation that allows Egypt's president to deport foreigners convicted or accused of crimes.

Fahmy — who had dual Egyptian-Canadian citizenship

— had relinquished his Egyptian citizenship with the hope of being released under the same legislation.

Fahmy's family expressed their disappointment at the Canadian government.

“We have been let down by the Canadian government's conservative approach in the handling of the case,” said Fahmy's brother, Adel.

Fahmy's family said, however, that they were now taking matters into their own hands.

“We are now doing the leg work ourselves as a family knocking the doors of the prosecutor, foreign ministry and presidency,” they said, adding Amal Clooney, Fahmy's human rights lawyer, has requested a meeting with Egypt's president and will travel to Cairo to press for his release.

“She had planned to fly from L.A. to Toronto to meet Fahmy upon his release but she hopes they can fly together out of Cairo toward freedom,” his family said.

Fahmy moved to Canada with his family in 1991, living in Montreal and Vancouver for years before eventually moving abroad for work, which included covering stories for the New York Times and CNN.

THE CANADIAN PRESS



Eastern Ukrainian town rocked by gunfire

Ukrainian military vehicles drive towards Debaltsevo on Sunday near the outskirts of Artemivsk in eastern Ukraine. The government-held town of Debaltsevo, a key railway junction, has been the epicenter of recent battles between Russian-backed separatists and Ukrainian government troops. For two weeks, the town has been pounded by intense shelling that knocked out power, heat and running water in the dead of winter.

EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Seal meat. Cherry replies to furor over comments

Don Cherry has responded to the furor that erupted on social media after he called his Coach's Corner co-host Ron MacLean a “savage” and a “barbarian” for eating seal meat.

“Evidently I upset some people about my seal burger comments,” the popular Hockey Night in Canada personality said in a comment posted over multiple tweets.

“I have friends who hunt deer and ducks and I myself have eaten venison and duck meat. Just the same as people who hunt seals and eat seal meat. I have no problem with

my friends who are hunters and eat venison and duck. Just the same, as I have no problem, with people who hunt seals and seal meat.”

It remains to be seen Cherry's explanation for his comments will be enough for those who took to Twitter and called in him to apologize, including Environment Minister Leona Aglukkaq.

“Sealing is important to Inuit culture and tradition,” Aglukkaq posted. “Mr. Cherry's comments last night were hurtful and insensitive. I hope he apologizes. THE CANADIAN PRESS

Egypt

At least 25 killed in soccer riot

A riot broke out Sunday night outside of a major soccer game in Egypt, with a stampede and fighting between police and fans killing at least 25 people, authorities said.

The riot began ahead of a match between Egyptian Premier League clubs Zamalek and ENPPI at Air Defence Stadium, east of Cairo. Such attacks in the past have sparked days of violent protests. Egypt's public prosecutor issued a statement ordering an investigation.

THE ASSOCIATED PRESS

Two Sydney café hostages recall plots to stab gunman

Two staff members of a Sydney café revealed in interviews broadcast Sunday how they plotted to stab a gunman who held them hostage during a 16-hour siege in December, while two others described how they escaped the ordeal.

Joel Herat, 21, and Jarrod Morton-Hoffman, 19, said in paid interviews broadcast by Nine Network television that they armed themselves with box cutters after gunman Man Horan Monis took them and 16 other people hostage in the Lindt café in downtown Sydney.

“I've got this knife in my pocket and I know Joel has a knife in his pocket and we are so close, we can do this,” Morton-Hoffman said.

Morton-Hoffman said if someone had jumped Monis and pinned his arms, “I would stab him in the jugular” artery in his neck.

“But he had his gun. He had

Inquest

Monis, a 50-year-old Iranian-born, self-styled cleric with a long criminal history, took the customers and workers captive and forced them to outline his demands in a series of online videos — including that he be permitted to speak to Australia's prime minister and be delivered a flag of the Islamic State of Iraq and the Levant (ISIL), the coroner was told.

it on his knee and I could see that it was pointed directly at Julie Taylor,” a pregnant hostage, Morton-Hoffman said.

Herat said he contemplated stabbing Monis as Herat was forced to stand holding an Islamic flag against a café window.

Meanwhile, staffers Bae Jie-un, 20, who was on her first

day back after a vacation, and Elly Chen, 22, who had been employed for less than a week, told Seven Network television in paid interviews how Bae quietly unbolted an internal door to enable both to escape.

The café's 34-year-old manager, Tori Johnson, was killed after Monis forced him to kneel on the floor and then fired a cartridge to the back of his head with a sawed-off shotgun after a second group of hostages escaped, a coroner's court was told last month.

Police stormed the café, fatally shooting Monis and accidentally killing Katrina Dawson, a 38-year-old lawyer, with bullet fragments that had ricocheted.

The coroner's inquest is looking into how police managed the crisis, including whether snipers should have taken a shot at Monis through the café's windows.

THE ASSOCIATED PRESS

West Africa. Boko Haram attack Niger border town

Boko Haram staged an overnight assault on a border town in Niger and a shell struck a market in the same town a few hours later, witnesses and the country's defence minister said Sunday.

The attack on the town of Diffa began Saturday night, and fighting between Boko Haram and Niger's army lasted until 5 a.m. before the extremists were forced to flee and calm was restored, Diffa resident Adam Boukar said. It was the second time the town had come under attack by Boko Haram since Friday.

A few hours after the attack was repulsed, a shell fired by Boko Haram struck Diffa's pepper market, Defence Minister Mahamadou Karijo told state media Sunday night. Karijo said one person was killed and at least six people were injured. THE ASSOCIATED PRESS

Google

Mapping service adds local guides

An update to Google's free online map service lets users become local guides who post reviews of businesses and venues in a challenge to Yelp.

Local Guides was described by Google as a global community of the top reviewers who reap benefits based on how much they post about businesses they visit.

Perks promised range from access to a monthly newsletter to being featured on the Internet titan's Facebook, Twitter, and Google+ pages along with being sent an annual gift for "high-quality contributions" to Google Maps. **AFP**

Markets

Investors focus on corporate Canada

Investors will be focused on earnings from corporate Canada this week as they assess how badly depressed commodity prices have impacted the bottom lines of resource companies. It has been a challenging time for Canadian resource companies as prices for metals and oil have been hammered in recent months.

Copper prices tumbled 13 per cent in January alone while oil prices have collapsed, falling 40 per cent since the end of November. Oil prices have essentially stopped going straight down and have entered a period of volatility as traders try to find a bottom. Prices seem to have found some support around \$50 US a barrel.

THE CANADIAN PRESS



A mechanic works on the engine of a TransAsia Airways ATR aircraft at the Songshan airport in Taipei, Taiwan, on Saturday, three days after one of the carrier's ATRs crashed. **WALLY SANTANA/THE ASSOCIATED PRESS**

Taiwan. TransAsia meets with crash victims' families

TransAsia Airways representatives met Sunday with relatives of the victims of last week's plane crash in Taiwan to discuss compensation, after it began distributing money to families of the deceased for funeral costs.

At least 40 people died after the propeller-jet crashed into the muddy Keelung River minutes after takeoff Wednesday from Taipei's airport. Fifteen of the 58 people aboard the plane were rescued. Divers are trying to find the bodies of three people still missing, by using metal detectors to locate their

watches or seatbelts.

Preliminary investigations indicate the pilots of the TransAsia Airways ATR 72 shut off a running engine after its other engine went idle, a move that aviation experts said was an error.

A TransAsia spokeswoman, Fang Chia-wen, said a second meeting would be held on Wednesday to discuss compensation matters further. She said the airline had already begun distributing 1.2 million Taiwan dollars (about \$47,500) per victim to families for funeral expenses.

THE ASSOCIATED PRESS

Dashcams

Device used to catch scammers

Footage of the TransAsia plane clipping a bridge in Taiwan and crashing into a river highlighted the popularity of "dashcams" that are capturing everything from crime to natural disasters through the windshield. The cameras have become particularly popular with Russians and South



A dashcam mounted on a car's windshield. **ISTOCK**

Koreans as a deterrent for scammers who throw themselves onto the windshields of slow-moving cars in a bid to claim insurance money.

AFP

'Sharing economy' reshaping markets

Internet. Car-sharing, finance, staffing, accommodation, music and video streaming sectors worth \$335B by 2025, research firm PwC estimates

Want to make a bit of extra cash driving strangers around in your car, taking care of someone's dog, renting your apartment or cooking a meal? Welcome to the sharing economy.

With Internet-based apps and services such as Uber and Airbnb, you make money, and the consumer saves. So it's a win-win? That's the multibillion-dollar question.

The new way of operating has been reshaping entire economic sectors, with the promise of improved efficiency and more flexibility.

The spectacular rise of ride-sharing, home-sharing and other services has turned economic models upside down, and fuelled complaints that these services skirt rules on safety, consumer protection and labour rights.

Some economists say this "peer-to-peer" model offers numerous advantages by tapping underutilized resources.

The sharing economy "can improve consumer welfare by offering new innovations,



Uber is the best-known platform in the sharing economy. **QUIQUE GARCIA/AFP**

more choices, more service differentiation, better prices and higher quality services," says a study by George Mason University economists.

Christopher Koopman, an author of the George Mason report, said the sharing economy "allows people to take idle capital and turn (it) into revenue sources."

"People are taking spare bedrooms, cars, tools they are not using and becoming their own entrepreneurs."

There is no official definition of the sharing economy. Some include delivery services such as Instacart and Postmates; neighbour-sharing platforms like Peerby; pet-sitting service DogVacay; and the restroom service Airpnp.

The research firm PwC estimates that by 2025, five sharing economy segments (finance, online staffing, accommodation, car sharing and music or video streaming) could be worth \$335 billion US, up from \$15 billion today.

"The sharing economy will be part of the overall economy going forward," said technology strategist Mary Jesse. "Some industries — like taxi services in transportation and B&B rentals in travel — will be completely transformed, while others, such as financial services, will be only peripherally impacted. This is part of the 'technology revolution,' as well as a new norm." **AFP**

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VOICES

PREDICTABLY DEPRESSING

Much like the bleak reporting of Halifax's winter snow dump, the annual tradition of ignoring students when they protest tuition increases is disheartening



HALIFAX MATTERS
Stephen Kimber

Last week's student march to Province House has become an annual rite of the winter season.

It's not unlike its usual accompanying, storm-tossed February headline salad: Monday's "Traffic gridlock hits Halifax," Tuesday's "Halifax digging out from biggest snowfall" to Friday's cheerless end-of-first-week-of-the-month news "Snowfall amounts for February in Halifax almost equal to January total."

It's predictable; depressing; predictably depressing.

And then there was this non-storm-related Wednesday Metro headline: "Halifax university students protest, march, for lower tuition, more

government funding."

Predictable, and predictably depressing, too.

Five hundred Halifax university students had marched through downtown to the legislature chanting slogans and carrying placards. "Grants not Loans." "Education is a Right."

The problem is that no one in government is listening. Again. Still.

I acknowledge I have a vested interest. I teach in one of those universities. I also serve on a college task force whose most pressing—and daunting—task is to wrestle our own projected \$1.4-million deficit to zero.

The problem is clear. As advanced education minister Kelly Regan explained in announcing yet another review of the university system last fall, there's a "not sustainable" \$50-million chasm between what Nova Scotia universities

need and what the province gives.

What she didn't explain is that the former NDP government, during its term in office, slashed university grants by 10 per cent while restricting tuition increases to three per cent, effectively creating her breathlessly announced gap.

As opposition leader, Stephen McNeil had criticized the NDP's approach.

"They are going to try to download that blame to the universities when, in actual fact, it is government that is causing this to happen," he railed in 2012.

Now, he is doing the same. And worse.

"Since being elected in October 2013," notes a student news release, "the Liberals have increased tuition fees by three per cent, slashed funding to student assistance and failed to re-

The crux

The problem is that no one in government is listening. Again. Still.

store any of the \$92.8 million cut from provincial university funding since 2011."

Meanwhile, McNeil's government is spending another \$13 million (\$41.5 million and climbing) for a never-sustainable ferry and north of \$20 million on a botched Bluenose refit.

It's predictable; depressing.

But what is most predictably depressing is that the students seem the only ones publicly defending the value of a university education.

Your Halifax



Black is Beautiful music to the ears

Guest conductor Daniel Bartholomew-Poysner leads Symphony Nova Scotia on Sunday as it performs a free family concert entitled *Black is Beautiful* at the Maritime Museum of the Atlantic. **JEFFHARPER/METRO**

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readers@metronews.ca

Upcoming

Fundraiser party for North End radio, CD

There is an all-ages launch party and fundraiser for iMove's GotAVoice Internet radio station and Youth Art Connection's (YAC) North End Music Vol.1 CD on Thursday.

Located at the Bus Stop Theatre from 5 to 8 p.m., the event features a talent showcase, arts and crafts sale, fashion show and silent auction. Performances include MAJE, RealEyez, Rebecca Moore, Glenn Knockwood, El Jones, and Dave Fultz. Admission is pay-what-you-can and funds raised go to both iMove and YAC. **METRO**

Halifax becomes hockey central

Starting on Wednesday and going until Sunday, Scotiabank Hockey Day in Canada and Rogers Hometown Hockey events will be happening across the region. There will be chances for everyone to see the Stanley Cup, and events include NHL legends playing shinny, performances by the Barra MacNeils and Rich Aucoin.

There will also be live broadcasts from Ron MacLean as he hosts multiple NHL games from the Emera Oval on Saturday, and the Pittsburgh Penguins vs. the Chicago Blackhawks from Cole Harbour Sunday. Go to halifax.ca/hockeyday for details. **METRO**

The Grammys play it safe

Grammy Awards.

Go to bed early last night? We highlight the night's top moments so you can fake like you tuned in

Last night's 57th Annual Grammy Awards was hyped up to be one of the most dramatic and controversial ever, but despite a few stand-out moments, the night was pretty lacklustre.

Hosting duties

LL Cool J played host for the night for the fourth time and opened the show with an enjoyable tease of Going Back To Cali. He last hosted the show in 2012, a few days after Whitney Houston's death. Now, with Houston's daughter Bobbi Kristina Brown in critical condition, Cool J decided not to comment on the tragedy, instead focusing on the night's performers and nominees.

Performances

With a whopping 23 performances, there were plenty of chances for something jaw-dropping to take place, but theatrics were kept at a minimum. Usually energetic performer Ariana Grande stuck to a ballad of Just A Little Bit Of Your Heart. In general, the performances skewed older with AC/DC opening the show, Lady Gaga taking the stage with Tony Bennett and of course Madonna, who actually gave a phenomenal performance, proving she still has it at 56 years old.

Some other performances worth YouTubeing include Miranda Lambert, Kanye West and Rihanna, Hozier and Annie Lennox, and Pharrell. This was West's first-ever time performing at the award show, but he more than made up for it by taking the stage twice.

Taking a stand against domestic violence

Katy Perry, in all white, sang the ballad By the Grace of God after a woman who had been abused talked about getting help and moving on with her life. A video of President Barack Obama appeared before she spoke, and he encouraged artists to help out.

"It's on us, all of us, to create a culture where violence isn't tolerated," he said.



Smokey Robinson, right, presents Beyoncé with the award for best R&B performance for Drunk in Love. THE ASSOCIATED PRESS

More details online

For a full list of winners and more Grammy Awards coverage, go to metronews.ca

Winners

This year's most controversial award, best rap album, was announced without fanfare before the show. Eminem won, beating out Iggy Azalea, Childish Gambino, Common, Schoolboy Q and Wiz Khalifa. Considering all the controversy surrounding Azalea's nomination, everyone was definitely waiting for this one.

This really wasn't Azalea's night. She also lost best new artist to Sam Smith, who also won for best pop vocal album, two predictable, yet deserved wins. Best pop solo performance went to Pharrell for Happy while best R&B performance went to Beyoncé.

In one of the evening's few surprises, Beck won album of the year for Morning Phase.

Things get surreal

Sam Smith who also took record of the year and song of the year, was nominated for six Grammys, something he called "surreal."

But not as surreal as when Stevie Wonder asked him to drop by his dressing room. Wonder ended up performing one of Smith's songs.

"That's just crazy," he said on the red carpet.

Success will go to his head

Every musician has his or her own Grammy ritual.

For Weird Al Yankovic, if he wins, he takes the gramophone-shaped trophy and attaches it to his head.

"I'm kind of like a Grammy unicorn," says the accordion-squeezing funnyman, who won his fourth Grammy on Sunday. Yankovic, who won his first Grammy 30 years ago, says it's still a thrill just to be in the running.

"I never get jaded about it," he said.

Best remix

Tiesto's birthday gift: Grammy win

DJ-producer Tiesto remixed a song for his birthday and now he has a Grammy for it. Tiesto remixed John Legend's All of Me, which won the Grammy for best remixed recording, non-classical. "I gave it away as a free download," he said.

Let It Go

Frozen soundtrack takes two awards

The soundtrack for the animated tale Frozen won two awards, including best compilation soundtrack for visual media. Idina Menzel's Let It Go, took the Grammy for best song written for visual media. The Frozen soundtrack has sold close to four million units.

How will Sam Smith celebrate after winning his Grammys? He said he wanted to go to In-N-Out, that overwhelmingly popular SoCal burger chain. And don't worry about all those calories he'll rack up with a double-double or two. Smith says he's been dieting just for this night. THE ASSOCIATED PRESS



Pharrell won for best pop solo performance for Happy. GETTY IMAGES

METRO U.S. WITH FILES FROM THE ASSOCIATED PRESS

2 SCENE

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Jenner may have been texting at time of fatal accident

Texting and driving may have played a role in the Bruce Jenner multi-car accident in Malibu over the weekend that left one woman dead.

On Saturday, while driving on the Pacific Coast Highway, Jenner's Cadillac Escalade rear-ended a Lexus that was coming to a stop at a light.

The collision sent the other car into oncoming traffic, where it was struck by a Hummer, killing the driver of the Lexus.

Now law enforcement sources tell TMZ that they are procuring warrants for Jenner's phone and its records, as photos of Jenner immediately before the crash suggest he had something in his hands.

If he was found to be illegally texting while driving, he could be charged with vehicular manslaughter.



Bruce Jenner ALL PHOTOS: GETTY IMAGES



Katie Couric

Katie Couric eyes Brian Williams' job

While Brian Williams takes a few days off to refresh his memory about the Iraq War, the vultures are apparently circling. Among them? Former NBC mainstay Katie Couric, who left the network for CBS in 2006 to become the first female nightly news anchor — for a little while, at least.

"Katie still has deep, deep contacts at NBC. She would love to return as the Nightly News anchor," a source tells the Daily News. "No one smells blood like Katie. She is like a shark. Brian is in deep trouble and this could be her chance. You don't get to be as successful as Katie without being ruthless. Behind her is a line of bodies she needed to

stomp on to get to the top."

See, now I'm trying to figure out if this anonymous source is one of those metaphorical stepped-over bodies or if it's actually Couric herself. That's some pretty mythic personal myth-building right there. Whether it is Couric or not planting the story, the source also points out that Couric, currently a "global anchor" for Yahoo, "wants to be back in the big leagues again. She has already made it clear that she is ready to have a meeting and get back into NBC."

And now she's made it extra clear.

Life isn't Rosie as O'Donnell leaves The View again

Talk about a domino effect. Rosie O'Donnell's second tenure at The View is coming to a premature end so that she can head home to deal with the end of her marriage to her wife of three years, Michelle Rounds. "I can confirm that Rosie and her wife, Michelle, split in November," O'Donnell's rep says in a statement. "Rosie has teens and an infant at home that need her attention. This has been a very stressful situation. She is putting her personal health and family first. ABC has been

wonderfully understanding and supportive of her personal decision to leave The View. Next week will be her last."

O'Donnell first left the daytime talk show in a huff back in 2007, only to return last fall. Her return, though, kicked off an immediate and near-constant stream of rumours of discord among the show's co-hosts — O'Donnell, Whoopi Goldberg, Rosie Perez and Nicole Wallace — and talk of O'Donnell angling for an exit.



Rosie O'Donnell

Katy Perry's Super Bowl success leaves John Mayer Hot 'n' Cold

Maybe the reviews of Katy Perry's Super Bowl halftime show were too positive, as rumour has it she's become pretty tough to deal with at home.

At least for her newly reunited boyfriend John Mayer.

"John was there with her during the Super Bowl and has been incredibly supportive. But following the game, her ego has gotten out of hand," a source tells Radar Online.

But! "She says that he cannot admit that he is jealous and that is the main problem right now."

"John does not have a lot going on right now with his career, and she thinks that he is taking it out on her because everything is going amazing for her right now."

"The tables have turned as far as who the more successful one is in their relationship."

Ouch.



Katy Perry

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Arranging your piles of money

Planning. Instead of thinking about cash as one big pot, divide it into separate accounts with distinct purposes



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

I've always thought of my money in piles, separate and distinct, each with a purpose or a place: cash flow, emergency, planned spending and long-term saving.

Cash flow

Cash flow is your keeping-it-together-money. It's the money that comes in and goes out every month to pay bills, buy food, and get you from hither to yon. Your budget is the framework for your cash flow. When you get paid, the money flows in. When you pay for something, the money flows out.

If you don't have a budget, you can't possibly be managing your cash flow. Sure, you may feel like you're doing all right, but mental math is a sinkhole and it's only a matter of time before you hurt yourself. If you want to be a master of cash flow, you'll not only make a plan for how you'll use your money (a budget), you'll also use a spending journal to track your day-to-day money activities.

Emergency pile

Emergency is the money you set aside, just in case. You're supposed to build your emergency pile up to six months' worth of essential expenses,

A key concept

- The idea of piles of money is perhaps one of the most significant differences between the people who are successful at managing their money and those that aren't.
- Having allocated money to a pile, a body isn't tempted to spend it on anything else. And having piles of money can be a lifesaver if you've got a mate who can't keep his or her hand off the money in the house account. Having moved the money out of sight, it's out of mind until you've got enough to make your purchase.

which are the things that will keep body and soul together. And this money should be kept in a high-interest savings account so it's easy to get at.

I know it's pretty popular to think that putting that much money in a savings account is stupid because you can't earn enough to beat inflation, but that's not the point of the emergency fund. The point is to have cash available so that when some storm blows in, you have options to deal with it. No money, no options. You'll just have to suck it up.

Planned spending pile

Planned spending is what



If you allocate money to a specific purpose, and then move it out of sight, you won't be tempted to spend it on something else. ISTOCK

most people never do. At the start of every year I look at what I spent on gifts the previous year, divide it by 12 and move that amount into my gift account monthly. When the time comes to go shopping, I'm ready.

Tons of stuff falls into the planned spending category. From home maintenance to clothes for the kids, from vacations to that new couch you've been eyeing, if you have to accumulate money so you can make a purchase, it's planned spending.

If you don't accumulate the money and plan to count on your credit cards or line of credit to get you what you want, you shouldn't wonder at your growing debt and your sense that your money is waging you!

As to where to keep this pile of money and how to track it, I use a high interest savings account for each category (savings accounts are free) and I name it so I'm not confused about what the money is for.

Look for an account paying the best interest rate going so your money isn't sitting completely idle. If you don't want the hassle of multiple accounts, you can pile it all into one account and keep track of the various categories on a spreadsheet.

Long-term saving pile

Long-term saving is the money you don't touch for a long, long, long, long, long time. It's your retirement money. It may be your kids' school money. This money is

sacred, so you don't dip into it for any reason. When you slide this money away, it's gone, vamoosed, vanished until the end date when you need it.

As long as you see savings as something you can tap should the need arise, the previous three piles don't seem as important. Shift your focus to keeping this money socked away no matter what, and you'll soon see how important it is to manage your cash flow, have an emergency fund and plan your spending.

If you can wrap your head around the idea of piles of money instead of one big pot, then you're more likely to keep the amounts you allocate for specific purposes intact.

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Mental health. Meditation may keep the brain young

Preserving the brain's most important tissue — the neuron-rich grey matter — could be accomplished through meditation, according to a new study at the University of California at Los Angeles.

As early as the mid-to-late 20s, the brain starts to show the effects of aging, as its volume and weight start to dwindle.

Previous research has suggested that those who practise meditation have less age-related degradation in their white matter, so the UCLA team, whose study was published in the journal *Frontiers in Psychology*, sought to build on these

findings.

"We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating," says co-author Dr. Florian Kurth. "Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain."

In the study, the team compared the brains of 50 participants who had years of experience in meditation with those of 50 more with none in order to understand the relationship between age and grey matter.

AFF



Meditating could help preserve grey matter, a study has found. ISTOCK

Brain science

App uses eye tracking to boost concentration

An Israeli startup called Umooove has released an app called uHealth that aims to increase your concentration using a method called eye tracking. The app is designed in the form of two games, one to improve attention, another to hone focus. Scientists increasingly study eye tracking as it relates to brain activity and how we process information, yet smartphone therapy using the method is relatively new. **AFF**

Diet

Going organic reduces pesticide exposure: Study

A recent study at Boise State University in Idaho says that when it comes to pesticide exposure, organic foods live up to the health hype that's been surrounding them for decades. The research team worked with dietary data from 4,500 people from six cities in the U.S., and found subjects who ate organic produce had significantly less exposure to components called organophosphates than those who didn't. **AFF**

3
TILE

Acing the interview when you're on-screen

Career. Video interviews pose a variety of unique challenges for candidates

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In today's global work environment, remote teams and global work assignments are becoming increasingly common. Video conferencing is now a part of daily business interactions, including job searching and recruiting. Here are a few tips for nailing the onscreen interview:

Location, location, location

A professional setting with no visual distractions is essential for a successful video interview. Even an office or a clean bedroom can still be a distraction to the interviewer: You want all eyes on you during your interview, and nothing in the background grabbing the attention.



If you are using a service like Skype, make sure your username and profile picture are professional and feature your real name. Consider using a professional headshot for the image. ISTOCK

For the perfect setting, try to book a meeting room in your library or school building. If you must interview from home, it may be worth setting up a temporary "set" somewhere in the house with a blank wall in the background and no clutter

or household items around. Choose a place that is well lit, preferably with natural light. It should also be completely quiet.

Let family and roommates know that you have an interview and that absolute silence

is required. Consider putting a sign on the door to remind people, just in case someone tries to come knocking.

Professional appearance

Professional attire is just as important on camera as it is in person. This means a complete outfit — no sweat pants on the bottom.

Be mindful of your fashion choices. Small patterns, shimmer or sheer fabrics, and sparkly accessories appear differently on camera than in person. Opt for a more conservative colour palette and make sure your top is a different colour than your background to avoid the appearance of a floating head.

Dress the same way you would for an in-person interview at the company. If you were visiting their offices, would you wear a full suit? If so, then suit up for your on-camera appearance as well. Dressing up properly will help you "get into the zone" as well.

Mind the time difference

In many cases, if you are interviewing from a different loca-

Do a test run

The best thing you can do to prepare for your interview is to do a test run with a friend, using the same computer you will be using for the interview, in the same location and outfit you'll wear the day of the chat.

- Doing a test run is a great way to prevent any technical issues on the day of, and calm your nerves.

- Make sure your friend can hear you clearly, that there is no lag in the video, that the lighting is fine and your outfit looks professional and translates well on camera. Confirm that the Wi-Fi signal is strong enough so you won't need to worry about dropped calls. Have your friend watch for any ticks or habits you might have that look odd onscreen.

tion than the interviewer, there might be a time difference. Confirm with your interviewer if they are in a different time zone, and don't expect them to know your time zone. Keep this in mind when committing to an interview to make sure you don't end up interviewing in the middle of the night.

Cheat!

One of the greatest advantages of doing a video interview instead of in-person is that you can cheat a little bit! You defin-

itely don't want to be reading notes verbatim, but you can definitely have a little cheat sheet with important information that jog your memory up on the screen during your interview, without the interviewer noticing.

Keep notes to a minimum though, limiting it to information that you often forget, or questions that you have prepared for the end of the interview. Consider keeping your resumé on hand as well so you can refer to it if necessary.

Advice

So my boss wants to be best buds



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Is it possible for your boss to like you too much? I work at a tiny company, and the CEO is always suggesting we hang out on weekends or grab drinks. He's about 20 years my senior, and I think he wants to live vicariously through a 'cool' younger guy. I like him as a boss, but I want to keep some professional distance. How can I turn him down without hurting his feelings?
— I Just Want to Be Colleagues

Dear IJWTCB,
A lot of underappreciated employees would spend every Saturday with their superior to have your problems. Still, bossmanes can be tricky. The manager-minion friendship brings both perks and risks. Take stock of your

boss' interpersonal style. If he's a grudge-holding game-player, keep things business: It's not worth the professional consequences if your off-hours relationship goes splat. To spare his ego, keep your daytime vibe chummy and your rejections respectful. When he throws you an invite, don't get cagey — just say you have plans and wish him good night. He may be disappointed that you're too busy to brunch, but he can't begrudge affable honesty.

If your boss is a solid guy, you might reconsider your all-work-no-play stance.

Are you averse to hangs because he's your CEO, or because you're a 'cool' younger guy unaccustomed to socializing outside your age group? You don't have to sacrifice your weekend, but a happy-hour beer could be fun.

Dear Metro,
I started a new job three weeks ago and I already hate it. The work is boring and I don't click with the people. I dread going to the office every morning. It's impossible to imagine myself at this company long-term. How soon is

too soon to quit? —Emergency Exit

Dear EE,
Whether you bail tomorrow or plant for a year, eliminate your what-ifs. Totally, no-questions certain it's not the right place? There's no sense sticking around to save face. Your glum attitude will just poison your work.

But remember that first impressions aren't always lasting impressions. If there's a chance your mind might switch, press pause before hitting eject.

Get to know your colleagues. Get invested in your work. And get rid of any lingering uncertainty over the best next steps. Still dreading Mondays in a few weeks? Get outta there.

Either way, it will probably take time to land somewhere new.

This in-between phase is not a waste — it's a chance to re-evaluate what you need and want from a job. So maybe in your next position, you'll stay put.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Chicken that is simmered in a tasty stock is incredibly tender when cooked and served in minutes. The key is to maintain a medium-low heat to prevent the chicken from overcooking and getting dry.

Coating the chicken with flour keeps the juices in.

This recipe allows you to substitute any mushroom of your preference such as button, brown or portobello.

Directions

1. Dust chicken with flour. In a hot, large nonstick skillet sprayed with vegetable spray, add the oil and sauté the chicken for 3 minutes or just until lightly browned on all sides. Remove the chicken and set aside.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

**TOTAL
TIME
ABOUT 30
MINUTES**

Ingredients

- 1 1/2 lb boneless, skinless chicken breasts (about 4 single breasts)
- 1/4 cup all-purpose flour
- 4 tsp vegetable oil (divided)
- 12 oz chopped oyster mushrooms
- 1/2 cup chicken stock
- 1/3 cup pitted diced black olives
- 1 cup diced plum tomatoes
- 3/4 cup halved teardrop or grape tomatoes
- 1 1/2 tsp crushed garlic
- 1 tbsp capers

Garnish

- 3 tbsp chopped parsley
- 1 tbsp toasted pine nuts or almonds
- 3 tbsp feta cheese, crumbled

2. In the same skillet, coated with more vegetable spray, add

Nutritional information

Per serving

- | | |
|-----------------------|------------------------|
| • Calories. 368 | • Total fat. 12 g |
| • Carbohydrates. 14 g | • Saturated fat. 2.4 g |
| • Fibre. 4 g | • Cholesterol. 105 mg |
| • Protein. 47 g | • Sodium. 415 mg |



This recipe serves four. BRIAN MACDONALD PHOTOGRAPHY

the oil and sauté the mushrooms on medium heat for 8 minutes or just until tender. Add the stock, olives, plum

tomatoes, teardrop tomatoes, garlic, capers and chicken. Cover and simmer on a lower heat for 10 minutes or just until the

chicken is cooked.

3. Garnish with chopped parsley, toasted pine nuts or

almonds and crumbled feta cheese. **ROSE REISMAN'S SECRETS FOR PERMANENT WEIGHT LOSS (WHITECAP BOOKS) BY ROSE REISMAN**

A sweet take on potato skins

Potato skins are so popular today that I thought I could develop a healthier version using sweet potatoes.

These Roasted Sweet Potato Skins with Tzatziki are incredible and contain an abundance of nutrients.

They have more vitamin C, fewer calories, more fibre and fewer total carbs than the white potato.

Ingredients

- 2 large sweet potatoes
- 1 tbsp olive oil
- Salt and pepper
- 1/8 tsp chili powder
- 1 oz grated mozzarella cheese
- 1 oz grated white old cheddar cheese
- 1 green onion thinly sliced
- 4 tbsp tzatziki sauce

The combo of cheeses and tzatziki complement the potato so well.

1. Preheat the oven to 450 F. Pierce the potatoes all over with a fork and microwave on high for 6 minutes or just until they are tender. Slice each potato in half lengthwise and scoop out filling, leaving the shells intact. Store the pulp for a side vegetable dish.

2. Rub the olive oil all over the potato skins and sprinkle all over with salt, pepper and chili powder.

3. Place the potato skins on a baking sheet and bake for 15 minutes, just until skins are crisp.

4. Add grated cheeses and bake for another minute



This recipe serves four. ROSE REISMAN

until cheese melts.

5. Garnish the sweet potato skins with green onion and tzatziki sauce. **ROSE REISMAN**



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Rainmen derail Express, X out A's

NBL Canada. Halifax team successfully defends its home court over the weekend



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

The Halifax Rainmen made a major statement on their home court Sunday.

From tipoff to final buzzer, the boys in blue and white ruled the Scotiabank Centre floor, defeating defending National Basketball League of Canada champions and current leaders the Windsor Express 128-99 in front of 2,266 fans.

"It feels great," said shooting guard Joey Haywood, who put up 22 points, pulled down six rebounds and added four assists.

The Rainmen also edged the Brampton A's 102-101 at home Friday, with the two weekend games proving to be Halifax's best ball of the regular season.

"We played aggressively on defence and offence, and I think that's where we got the win," the six-foot-one, 185-pound Haywood said. "We played our game."

The winning weekend gives the Rainmen a 14-12 record, which still has them trailing in second place in the league's Atlantic Division. The Charlotte-town-based Island Storm lead the division at 19-8, tied with the Express for first overall.

"We've still got more to



Windsor Express point guard Ryan Anderson tries to defend Halifax Rainmen centre Liam McMorrow on Sunday at the Scotiabank Centre. JEFF HARPER/METRO

Up next

The Rainmen host the Moncton Miracles, who are in fourth place in the Atlantic Division, this Thursday at the Scotiabank Centre. Tipoff is at 7 p.m.

work on," Haywood said, "but I think we're almost there."

Forward Kevin Young was also a force on the court Sunday, leading the Rainmen with 29 points, 15 rebounds and four assists. He was also Halifax's biggest contributor Friday, with 20 points and 11

rebounds.

"We're gelling a lot more as a team," Young agreed. "We're really pushing the ball as much as we can, which creates a lot of offence."

Halifax had a 12-8 lead within the first six minutes of the game Sunday, increasing that to 31-19 after the first quarter.

The Express started a comeback that had spectators nervous in the second quarter, but the Rainmen were still ahead 51-43 at halftime.

"Playing defence" was also key in Halifax's game plan, Young said, pointing to the 95-68 loss suffered Jan. 21 to the Express as motivation to stay

Quoted

"We've just got to keep believing."

Rainmen veteran Joey Haywood

strong on both sides of the ball.

The Rainmen maintained a solid gap in the latter half, with an 87-71 lead after the third and a strong fourth quarter putting the 128-99 period on the end of an impressive performance.

"It's also a statement that we're tough at home," Young said. "It means a lot for us, and for our fans."

Curling

MacLeod claims provincial title

Team MacLeod claimed the 2015 Clearwater Men's Provincial Curling Championship on the weekend, defeating Team Murphy 8-5 in the final draw Sunday afternoon at the Halifax Curling Club.

The squad, based out of the Mayflower Curling Club in Halifax, scored a 7-2 record overall.

Skip Glen MacLeod, mate Peter Burgess, second Colten Steele and lead Robbie McLean advance to represent Nova Scotia at the Brier, the Canadian men's curling championship, taking place Feb. 28-March 8 in Calgary. **METRO**

AUS hockey

Huskies narrowly beat Tigers in crosstown rivalry

The Saint Mary's Huskies edged Halifax rivals the Dalhousie Tigers 6-5 in women's AUS action Friday night at the Halifax Civic Centre.

Forward Mary Wornld had a hat trick to lead Saint Mary's to the win. Goal-tender Jessica Severeys made 31 saves to keep the Tigers in the game.

Dalhousie also hosted the St. Francis X-Women on Saturday night at the Halifax Forum, beating them 6-1 on the strength of two goals from Marita Alfieri. Severeys made 38 saves.

In men's action, the Huskies beat the St. Francis Xavier X-Men 4-3 in a shootout Friday night at home, while the Tigers beat the Acadia Axemen 5-2 on the road. **METRO**

Resop flawless in Herd's clash with Titan



Kevin Resop earned his first shutout with the Halifax Mooseheads in Saturday night's 3-0 win over the Acadie-Bathurst Titan. JEFF HARPER/METRO

Kevin Resop was ready to play and steady between the posts Saturday night at the Scotiabank Centre.

The 17-year-old from St. Petersburg, Fla., made 20 saves to earn his first shutout wearing the red and green, while leading the Halifax Mooseheads to a 3-0 win over the Acadie-Bathurst Titan in front of 9,370 home team fans.

"The guys played really well in front of me tonight," the six-foot-two, 197-pound rookie said. "It was just a really solid team effort today."

Standings

10th

The Mooseheads now have a 26-22-3-1 record on the regular season, good enough for 10th place overall in QMJHL standings.

Following a scoreless first period, Timo Meier got it started on a Mooseheads power play just over five minutes into the middle frame by knocking in a rebound. Nikolaj Ehlers and Danny Moynihan snagged assists.

That goal kept Meier and Ehlers' point-scoring streaks alive. Meier has now notched a goal or an assist in 21 straight, while Ehlers is at the 27-game mark.

Meier scored his second at 16:32 in the second, while Ehlers topped it off with just 1:13 remaining in the third period.

"You just play the same way until the end," Resop said of his first shutout. "Until you hear the final whistle, and then you can celebrate it."

KRISTEN LIPSCOMBE/METRO



Bruins forward Brad Marchand of Hammonds Plains fires a shot as Canadiens centre Lars Eller closes in on Sunday night in Boston. MADDIE MEYER/GETTY IMAGES

Canadiens cruise past Bruins in Boston

NHL. Price makes 34 saves to lead Montreal to season series sweep of age-old rivals

Carey Price made 34 saves to lift the Montreal Canadiens to a 3-1 victory and a season sweep over the Boston Bruins on Sunday night.

Dale Weise and Max Pacioretty each had a goal and an assist for the Canadiens, who completed their first regular-season sweep of Boston since taking all eight meetings in 2007-08.

Price has won seven of eight and allowed 11 goals in that span. He extended his shutout streak against Boston to 159:25 until David

On Sunday

3

Canadiens

1

Bruins

Pastrnak scored with 4:31 remaining.

Pastrnak cut Montreal's lead to 2-1 when he batted the puck toward the net and Price appeared to have made the stop, but his glove was behind the goal-line and after replay, the goal was allowed.

Weise gave Montreal a 1-0 lead 38 seconds into the second period when he converted a cross-ice pass from Pacioretty and beat Boston

goaltender Tuukka Rask.

Rask made 31 saves, but dropped to 3-13-3 against Montreal for his career.

Pacioretty scored on a breakaway 56 seconds into the third period when Weise fed him the puck after Zdeno Chara collided with Dougie Hamilton for a 2-0 lead.

Boston has one win in its last 11 games against the Canadiens, including six straight home losses.

Andrei Markov added an empty-net goal with 31 seconds remaining to cap the scoring for Montreal.

The Bruins had no power plays for the third time this season and are six points ahead of Florida for the final playoff spot in the Eastern Conference.

THE ASSOCIATED PRESS

Obituary

Legendary Tar Heels coach dead at 83

Dean Smith, the Hall of Fame innovator who won two national championships at North Carolina has died. He was 83.

The retired coach died "peacefully" at his Chapel Hill home Saturday evening, the school said in a statement Sunday from Smith's family. He was with his wife and five children.

Michael Jordan played three seasons for Smith from 1981-84. When he was a freshman he helped lead the Tar Heels to a national championship in 1982, hitting a 16-foot jump shot in the final seconds to beat Georgetown.

THE ASSOCIATED PRESS

Africa

Ivory Coast wins Cup of Nations

Ivory Coast goalkeeper Boubacar Barry saved the day, and then he scored the winner.

The 35-year-old veteran blocked a penalty attempt from opposing goalkeeper Razak Braimah and then stepped up to convert his own to give the Ivory Coast a 9-8 shootout win over Ghana on Sunday in the African Cup of Nations final.

The match at Bata Stadium had finished 0-0 after 120 minutes.

THE ASSOCIATED PRESS

NBA. Raptors cramp the champs' style in Toronto

James Johnson poured in a season-high 20 points to lift the Raptors to an 87-82 victory over the San Antonio Spurs on Sunday, Toronto's eighth victory in 10 outings.

DeMar DeRozan added 18 points, while Amir Johnson had 15 and Kyle Lowry had 12. Jonas Valanciunas grabbed a season-high 16 rebounds in one of Toronto's best defensive efforts of the season.

The Atlantic Division-leading Raptors (35-17) were coming off a huge 123-107 win over the Clippers on Friday that saw them claw their way back from an early 20-point deficit.

They never led by more than 10 in Sunday's dogfight, and went into the fourth quarter up 64-58 in front of an Air Canada Centre capacity crowd of 19,800.

The Spurs fought back and a three-pointer by Marco Belinelli with 2:20 to play gave San Antonio a three-point lead. A dunk from Amir Johnson got the fans on their feet and cut the lead to one. Then James Johnson — who started in place of Greivis Vasquez in just his second game back from missing four with a hamstring injury — stepped back to drill a three with 50 seconds left as the crowd roared.

The Raptors dug in on defence on the Spurs' next possession, then James Johnson sunk a free throw with four seconds left. Duncan chuckled the ball across the court and out of bounds to seal the Rap-



Raptors centre Jonas Valanciunas tries to stop Spurs star Tim Duncan on Sunday in Toronto.

TORSTAR NEWS SERVICE

tors' win.

The Spurs were a horrible 31-for-93 shooting, as the Raptors held the San Antonio's big three of Duncan, Tony Parker and Ginobili to a combined 10-for-40.

The Raptors' five-game homestand ends Wednesday when they host the Washington Wizards.

The Spurs' loss leaves coach Gregg Popovich just one win shy of 1,000.

THE CANADIAN PRESS

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Stuck on 12 Across?
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→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You will find it ridiculously easy to get people to do what you desire over the next few days. Take advantage of it.

♉ Taurus

April 21 - May 21

The people you will have to deal with today respect facts and figures, so show them your plans and let them know how you can make them work.

♊ Gemini

May 22 - June 21

There can be no more excuses for putting off something you should have taken care of a long time ago. You can and you must find a way to get it done.

♋ Cancer

June 22 - July 23

Try not to let worries and fears get the better of you today. Cosmic activity in one of the more sensitive areas of your chart means you must consciously and continually strive to stay cheerful.

♌ Leo

July 24 - Aug. 23

If you find you cannot handle a task on your own today don't be shy about getting assistance. Friends and family will rally round if you ask them.

♍ Virgo

Aug. 24 - Sept. 23

If you need to communicate with employers or other important people now is the time. You will find it easy to put across your ideas and make a good impression. Make it seem as if it all comes naturally.

♎ Libra

Sept. 24 - Oct. 23

Tell the truth as you see it. There will be a lot of confusion over the next few days and much of it will be designed to lead you away from what is going on.

♏ Scorpio

Oct. 24 - Nov. 22

Your attitude towards something will harden today and you will refuse to meet others halfway. That's good. The planets indicate you will only get where you want to go if you know your own mind.

♐ Sagittarius

Nov. 23 - Dec. 21

Spell out what it is you are planning to do and let friends and work colleagues know you could do with some assistance. Chances are they will do whatever they can to help.

♑ Capricorn

Dec. 22 - Jan. 20

You need to let someone know you are under no obligation to do their bidding. This may come as a surprise to them as you have allowed them to get away with so much.

♒ Aquarius

Jan. 21 - Feb. 19

If the plans you made a month back don't seem to be working out the way you intended, trash them today and start again.

♓ Pisces

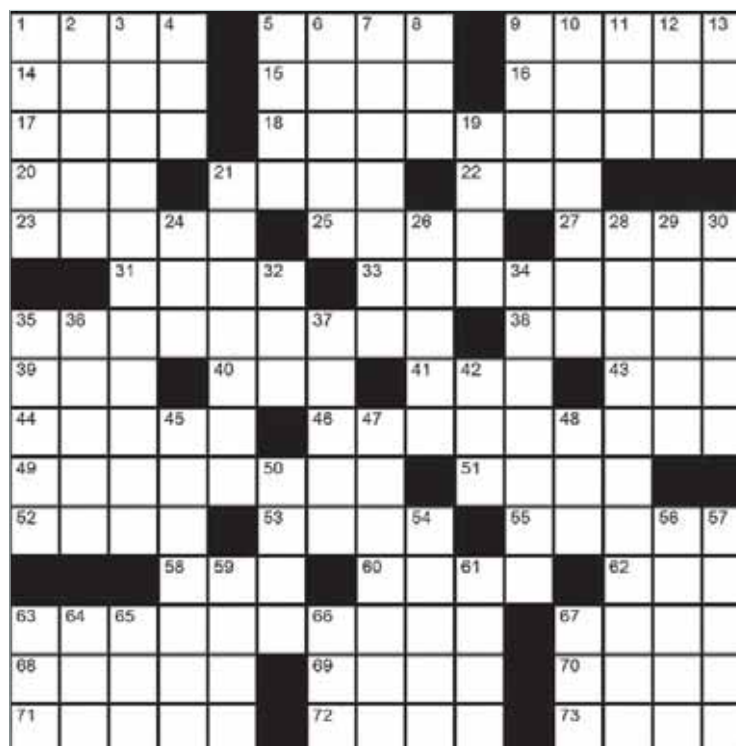
Feb. 20 - March 20

You need to explain to loved ones why you've done certain things. What matters most is that they can see it is part of a plan and not random.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Genesis guy
5. Half
9. 'Talk' suffix
14. Queue
15. Small batteries
16. Succeed: 2 wds.
17. Repair
18. 007 villain played by #45-Down: 3 wds.
20. Bio info
21. Head: French
22. Basketball play, Alley-__
23. Australia's version of a Sasquatch
25. Norwegian city
27. Celebrated waffle
31. __ the finish
33. Restrained
35. Word like Tear or Bow
38. "Madam, I swear I __ art at all." - Polonius, in Hamlet
39. Old English letter
40. Earthy prefix
41. 'Danger' suffix
43. Poet's 'always'
44. Ontario: __ Rock (Lake Superior Provincial Park pictographs attraction)
46. Haida Gwaii, BC: Ancient totems village on Anthony Island
49. Disappears
51. Online journal
52. '70s hit: " __ Tu"
53. Joni Mitchell's "The Last Time __ Richard"
55. Lyre-playing Muse

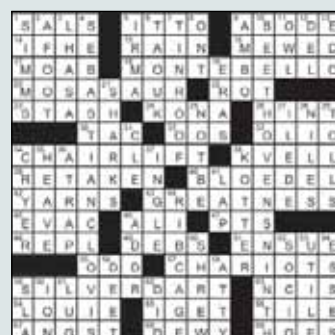


58. 'Outer'-meaning prefix
60. Barbarian
62. Garbage can
63. James Cameron and David Cronenberg
67. Troubles
68. Oscar-winner Tatum

69. Mater's mate
70. Give out
71. New Age musician
72. __-les-Mouli-neaux, France
73. "Ahem..."
2. San __, California
3. #28-Down's heroine Miss Shirley: wd. + wd. + wd. + letter
4. Pre-__ student
5. Marquis de __, "Quills" (2000) role
6. Keep one's __ the ground
7. Her __, Queen

- Elizabeth
8. Sport-on-blades fed.
9. Currency exchange fee
10. Some hairpieces
11. Possibilities
12. Truck type
13. 'Ranch' suffix
19. Swag
21. What police might use to disperse crowds: 2 wds.
24. 'Benedict' suffix
26. Kind of drop
28. Setting of Lucy Maud Montgomery's famous work: 2 wds.
29. Jean __ (The Balcony dramatist)
30. Some smells
32. Head-to-__
34. Pool movie, "The __" (1961)
35. 1, 2, 3... Lift!
36. For Better or For Worse dog
37. Canonical hour
42. PC 'key'
45. As per #18-Across... Canadian actor, Joseph __ (b.1918 - d.2009)
47. "The Jeffersons" star Ms. Sanford's
48. 'Super' suffix
50. __ snag (Become stuck)
54. Soil crawlers
56. Inclines
57. Start
59. Nero's 951
61. " __ can you..." (Anthem opener)
63. Sainte-__, Quebec City sector
64. Celebrity chef Ms. Garten
65. Mr. Dykstra
66. Trombonist Mr. Winding
67. Rapsallion

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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